



Health Talk

September 2013

Health in Nature

Introduction to Tai Chi

Thu. Sept. 12, 6-7pm

Robinson Preserve

Join Sensei Brian Nell for an introduction to Tai Chi. The benefits of this ancient Chinese art include improvement in balance, footwork and stepping. Tai Chi is a gentle healing practice, an excellent way to open up the joints and stretch the tendons.

Reservations required.

Call 941-748-4501 x4605

Full Moon Paddle

Thu. Sept. 19, 6:30-9pm

Robinson Preserve

Come out and enjoy the salt marshes of Robinson Preserve. Take advantage of low tide to watch the sun set from the sandbars of the Manatee River. Participants must bring their own equipment.

Reservations required.

Call 941-742-5757 x7

Exploration of Qi Gong

Sat. Sept. 21, 9-10am

Robinson Preserve

Qi Gong is an internal exercise with breathing to restore and heal oneself. This is a great stress reliever! Sensei Brian Nell will guide you through a series of exercises designed to help you slow down, relax, and focus.

Reservations required.

Call 941-748-4501 x4605

National Childhood Obesity Awareness Month

More than 23 million children and teenagers in the United States, ages 2 to 19, are obese or overweight, putting nearly one-third of all American children at early risk for Type 2 diabetes, high blood pressure, heart disease, and stroke.

To prevent increases in childhood obesity, encourage the children in your life to:

- **Eat fruits and vegetables** at least five times each day.
- **Limit screen time** (phone, computer, television, video games) unrelated to schoolwork to two hours per day.
- **Exercise** at least one hour per day.
- Eliminate sugary beverages and drink **more water**.



National Preparedness Month



September is National Preparedness Month, and the threat of hurricane season still looms in Florida. Take this opportunity to make sure that you are prepared in case of an emergency situation.

- 1) **Stay informed** of potential threats.
- 2) Discuss an emergency **plan** with those in your care, including communication methods, shelter locations, and evacuation routes.
- 3) Keep enough **emergency supplies** to support you and your loved ones, including water, canned food, first aid, medications, flashlight, and battery-powered radio.
- 4) **Volunteer** to help your community. To join the Manatee County Reserve Corps (MRC), call Debbie at 941-748-3005.

Health Talk is a monthly publication created by the Florida Department of Health in Manatee County. To request additional copies, please call: 941-748-0747 ext. 1406.